



Explore Mission Trails Day Interpretive Walks

May 17, 2008



Beginning at the Visitor and Interpretive Center

Meet by the kiosk adjacent to the driveway

9:30 a.m. and 3:00 p.m.

How Kumeyaay Children Lived and Played in Mission Trails

Time: approximately 1½ hours

The Kumeyaay are the Native Americans from Mission Trails Regional Park and other areas of San Diego County and Northern Baja. On this easy walk to the Riverside Grinding Rocks, Mission Trails Trail Guides will discuss how Kumeyaay children lived and played here in the past. *Not just for children.*

12:30 p.m.

Discover the World of Bugs in Mission Trails

Time: approximately 1 hour

Join Mission Trails Trail Guides on an easy nature walk on the Oak Grove Loop trail exploring the world of insects and other small creatures of Mission Trails. *Not just for children.*

2:00 p.m.

Hike with a Ranger

Time: approximately 1 hour

Join Senior Ranger Tracey Walker for an easy 1.5-mile hike into the past, present and future. We'll talk about the Kumeyaay and their culture along with animals and plants found in the park. We will also discuss current issues threatening our fauna and flora ... and what to do if you see a Mt. Lion as well!

Beginning at the Equestrian Staging Area

Meet by the kiosk at the grasslands trailhead

10:00 a.m. and 1:00 p.m.

Who Lives Here – The Critters of Mission Trails

Time: approximately 1 hour

An easy nature walk led by Mission Trails Trail Guides focusing on the discovery and identification of tracks and scat from some of the many animals that inhabit Mission Trails Regional Park, but are seldom actually seen. *Not just for children.*

Beginning at Kumeyaay Lake Campground

Meet at the entry station

8:00 a.m.

The Birds of Kumeyaay Lake

Time: approximately 2½ hours

Join Mission Trails Bird Walk leader Mike Wellik on an easy walk along the shores of Kumeyaay Lake in search of some of the many beautiful and interesting birds that can be found in the spring. Bring binoculars and a bird identification guide if you have them.

7:00 p.m.

Moonlight Walk

Time: approximately 1½ hours

Join Mission Trails Trail Guides on an evening walk through the grasslands and learn about the changes that occur during dusk and evenings in the park and perhaps even see some of the wildlife that are active at this time. Walk is limited to 40 people. Make reservations at 619-668-3281.